

American University Center for Well-Being Programs and
Psychological Services presents:

Beyond Dysregulation: A Neuro-Affirming Framework for Adult ADHD in Clinical Practice

Wednesday, April 22, 2026

12:00-1:00pm Eastern Time



Hannah Allen, MA, LMHC, ADHD-CCSP, is a licensed therapist, coach, consultant, and founder of Allen Therapeutics, specializing in neuro-affirming support for high-performing adults. She has a special interest in supporting women navigating midlife transitions through the perimenopausal- and beyond phase. A late-diagnosed ADHD professional herself, she blends subject matter expertise with personal experience and practical coaching to help individuals and organizations move beyond outdated deficit-based models into neuro-inclusive practices. Hannah also leads group programs, corporate trainings, and emerging retreat experiences that integrate mindfulness, movement, and values-aligned personal growth.

This seminar is free of cost and limited to current American University employees. The target audience is clinical psychotherapists and allied health professionals who currently work for American University. This is an intermediate level training. This live, interactive seminar will be offered virtually via Zoom. At the completion of this training, participants will be able to:

- Describe the neurodiversity-affirming paradigm as an evidence-based alternative to deficit-focused models of care, and explain how shifting away from pathology-based frameworks improves therapeutic alliance, treatment engagement, and long-term outcomes for adult ADHD clients.
- Describe how rejection and justice sensitivity, and safety-seeking behaviors, in adult ADHD clients are commonly misidentified as treatment resistance, and identify at least one clinical reframe for each that supports a more effective therapeutic response.
- Apply a neuro-affirming reframe to a clinical scenario, shifting the therapeutic response from symptom elimination to understanding the client's experience.

1.0 hour of CE are available for participants who attend entire program and complete the evaluation. Social workers receive 1.0 clinical credit. Certificates will be issued via email within 7 days of receipt of the completed course evaluation.

Seminar will take place virtually via Zoom. Attendees will receive Zoom link upon registration. The registration deadline is 12:00pm Eastern Time on Tuesday, April 21, 2026. Use the registration link here: https://american.co1.qualtrics.com/jfe/form/SV_0e820E3WGrf05gy

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To request accommodations, to file a grievance, or for or additional information please contact Continuing Education Director Dr. Marika Gilbert, 202-885-3500 (phone) or mgilbert@american.edu

